

## Health And Safety (Noncredit)

### HEAL 7002A Body Conditioning

**0.0 hours**

Acceptable for credit: N - Noncredit

Develop a healthier, more balanced body in this fitness conditioning class. Designed for the beginning-to-advanced exerciser, this course focuses on cardiovascular conditioning and resistance exercises to build muscle and tone the body. Injury prevention and proper body mechanics are emphasized.

### HEAL 7101 Mature Driver Improvement

**2.0 - 8.0 hours**

Acceptable for credit: N - Noncredit

Successful completion of this eight-hour course that focuses on driving skills may entitle students age 55 and older to a 5 to 10 percent reduction in their auto insurance premiums from many California insurance companies. Class size is limited to 30 students.

### HEAL 7104 Stress Management

**2.0 - 8.0 hours**

Acceptable for credit: N - Noncredit

Stress is not bad for you, your reaction to it is! This course teaches you to be less susceptible to the negative physical and emotional reactions to life's stresses. Discover how to use stress to your advantage. Learn effective coping skills, communication skills, and relaxation exercises.

### HEAL 7106 Living with Food Allergies

**2.0 - 8.0 hours**

Acceptable for credit: N - Noncredit

This course explores topics about food allergies, such as identifying allergies, differentiating between allergies and food intolerance or sensitivity, reading food labels, causality, treatment, cooking tips, and restaurant guidelines. Students learn the consequences of food allergies, which can result in serious illness or death.